

WISE BABYCRAFT



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Allenburys Handbook on Modern Infant Feeding and Management

An abridged
edition of

Wise Babycraft

NOTE

Many thousands of copies of Wise Babycraft were destroyed by enemy action, and the need for economy in the use of paper compels us to issue this abridged edition for the war period.

This edition has been most carefully compiled to provide the maximum of useful information; but, if you do not find the guidance you seek, or if any difficulty is encountered, you are cordially invited to write to

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BETHNAL GREEN, LONDON, E.2.

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FOREWORD

Allenburys Infant Foods made bottle feeding safe and successful and they were widely welcomed and acclaimed. During the years that have elapsed since their discovery, many improvements have been effected, for each succeeding advance in the science of nutrition has been applied to their perfection. The wider knowledge of vitamins and of the value of minerals, which discoveries of recent years have made available, has served to confirm the value of Allenburys Foods, and it is claimed to-day that they incorporate the most recent advances in the science of infant feeding.

The unique qualities of Allenburys Foods, which have established and maintained them in the first rank, are due in great measure to the special conservative process of manufacture with low temperature and low pressure. Many cheaper methods of drying milk are employed to-day, and milk powder for commercial and domestic purposes is widely used. This milk powder is sometimes offered as infant food or used in the preparation of infant foods.

No commercial dried milk powder is used in the production of Allenburys Foods. The original conservative process is still employed. It produces a humanized milk, properly proportioned, which retains the physical properties of natural milk when reconstituted, without fat separation, and is digested by the infant with remarkable ease and completeness. Allenburys Infant Foods remain in a class by themselves.

ALLENBURYS PROGRESSIVE SYSTEM

The Allenburys method offers not merely an infant food, but a carefully planned scientific system of infant feeding, which has produced the most gratifying results in countless thousands of cases. It provides every known nutritional need of the baby, from birth to the weaning stage, and it brings within the easy reach of every mother the most modern methods of infant feeding, based on present-day knowledge of nutritional principles. Allenburys Progressive System offers the simplest, safest, and most successful alternative to breast milk.

The Value of Allenburys Foods

The striking success which invariably attends the use of Allenburys System is the natural result of the careful study and research on which the Progressive System is based, and the special experience of Allen & Hanburys in the production of infant foods.

Three Easy Steps

Allenburys Infant Foods are planned in a graduated system of three steps. Each of the three foods is specially prepared to suit the age and stage of development of the babies for whom it is intended. The result is a series of easy stages by means of which the infant is gradually educated and advanced as his body grows and his digestive powers develop.

At no period is the immature digestion overtaxed. There is never any strain, so that there is no risk of distressing sickness and colic. Each of the three foods is well within the limits of the baby's digestive capacity, yet it stimulates the digestion, encouraging its development and preparing the way for the slightly stronger succeeding food.

Successful Bottle Feeding is Easy

The success of Allenburys Foods is due to this skilful arrangement in graduated steps, but it is due also, and in no small measure, to the elaborate scientific processes employed

Allenburys ORANGE JUICE

No matter what method of feeding is used, every baby must have a daily dose of vitamin C, which is present in orange juice.

Allenburys Orange Juice is excellent for this purpose. It contains four times as much vitamin C as the finest fresh orange juice, and it is free from excessive acidity. Babies who are upset by the fresh juice will take Allenburys Orange Juice readily. It is given in much smaller doses, diluted with water. No sweetening need be added.

Allenburys Orange Juice makes a delightful refreshing beverage which is greatly appreciated by invalids.



HALIBORANGE



The nicest way of taking Halibut-Liver Oil

Haliborange is a combination of Allen & Hanburys' special halibut-liver oil, vitamin D, and Allenburys Orange Juice, and therefore contains, in a concentrated form, vitamins A, C, and D. Infants and children like its delicious flavour and take it readily. It replaces both cod-liver oil and fresh orange juice. Its introduction has been enthusiastically welcomed by doctors. Haliborange is as rich as good cod-liver oil in vitamins A and D and twice as rich as fresh orange juice in vitamin C.

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in their production, and to the scrupulous care with which those processes are carried out under the constant supervision of highly trained chemists.

The three carefully graduated steps which make up Allenburys Progressive System are as follows:

Allenburys Humanized Milk Food No. 1.

For use from birth to three months. Page 5.

Allenburys Humanized Milk Food No. 2.

For use from three to six months. Page 13.

Allenburys Malted Food No. 3.

For use from six months onwards. Page 18.

Allenburys Malted Rusks (page 17) are, of course, used in conjunction with the Progressive System, and Allenburys Cereal, a delightful preparation described on page 23, is as valuable for older babies as is the Humanized Milk Food for the newly-born.

ALLENBURYS HUMANIZED MILK FOOD No. 1

The First Step This is the first step in Allenburys Progressive System. It is specially planned for babies during the first three months of life. Allenburys No. 1 resembles breast milk very closely in composition, in digestibility, and in nutritive value; and it proves as acceptable to the infant as breast milk. It is the bridge by which the most delicate baby may cross safely and comfortably from breast feeding to bottle feeding.

A Contented Baby Thrives By the use of Allenburys Humanized Milk Food No. 1 at the outset of bottle feeding a successful start is assured. The risk of unsuitable food is completely eliminated and baby rapidly settles down to a tranquil routine. The Allenburys baby is happy and contented. He feeds well and has no sickness, his motions are regular, he makes steady gains in weight, and he sleeps all night and most of the day.

COMPARATIVE COMPOSITIONS

of Allenburys Humanized Milk Food No. 1, Breast Milk, and various other substitutes.

				Fat %	Curd Protein %	Whey Protein %	Milk Sugar %	Dextrin Maltose %
Breast Milk	-	-	-	3.3	0.8	0.7	7.0	—
Allenburys No. 1	-	-	-	3.0	1.0	0.7	7.0	3.5
Cows' Milk	-	-	-	3.5	3.0	0.5	4.0	—
Ordinary Dried Milk	-	-	-	3.5	3.0	0.5	4.0	—
Milk-and-Water Mixture	-	-	-	1.75	1.5	0.25	2.0	—
(equal parts)								

Allenburys No. 1 Nearest to Breast Milk

This table shows very clearly that, of the possible alternatives to breast milk, Allenburys Humanized Milk Food No. 1 approaches most closely to human milk in composition; and it is because of this that it is so universally successful. It is also the most easily digested of all possible alternatives, because of the special process employed in its preparation.

HOW ALLENBURYS FOODS ARE MADE

Allenburys Humanized Milk Food is prepared in a river-side factory at Ware, in Hertfordshire, which is fully equipped with the most up-to-date dairy machinery and scientific milk plant, much of which is of special design.

The foods are made from cows' milk of the finest quality. The milk, on arrival, is examined by chemists and bacteriologists before it is admitted to the foods, and at the outset it is thoroughly cleaned and effectively pasteurized to eliminate the risk of infection which is always associated with cows' milk.

Humanization

The process of humanization then begins. Under the direction of skilled chemists specially experienced in this work, the cows' milk is gradually

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separated into its many constituents, and from these constituents of cows' milk there is built up, step by step, a new milk of which each ingredient has been carefully adjusted to breast-milk standards. To achieve this desirable end a great many modifications are necessary. The excess of indigestible curd protein must be removed, leaving as much as a baby needs and can deal with, and the amount of lactalbumin, the nourishing, easily digested protein of whey, is increased to provide a quantity equal to that normally found in breast milk. The correct amount of cream is added, and the carbohydrate, in which cows' milk is always deficient, is increased, to meet the infant's needs, by the addition of a special dextrin-maltose mixture. Dextrin-maltose is very nourishing, and very easily digested, and it is now recommended by leading specialists on babies.

Vital Mineral Salts The important mineral salts of milk are also examined, and adjustments are made to ensure that Allenburys Humanized Milk Food will supply abundance of calcium and phosphorus to make strong, straight bones and firm, durable teeth. It is always necessary to add iron, for cows' milk (and very often breast milk) does not provide the infant with enough for his needs, and iron is, of course, the vital blood-forming mineral of the greatest importance to health. Allenburys Foods have a rich iron content, and for this reason Allenburys babies are robust, healthy, and of excellent colour.

Vitamin D It is of special interest and importance that all Allenburys Foods are enriched with vitamin D. This is the sunshine vitamin which protects the infant from rickets, and which ensures the growth of strong bones and good teeth. The strength of the vitamin D in the foods is proved at regular intervals by biological tests.

Drying in Vacuo The carefully humanized liquid milk is then dried. The water, and the water only, is removed, not by boiling or by exposure to great heat, but by a special conservative process carried out in vacuum pans. By this means the milk is evaporated at a very low temperature, thus preserving its vital properties, which are so easily destroyed by heat. The care with which Allenburys

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Foods are prepared, and the unique, low-temperature, low-pressure method of drying the humanized milk, have the effect of refining its ingredients so that they are much more acceptable to the infant than the ingredients of the cows' milk from which the food is prepared.

Hygienic Packing Throughout the processes of manufacturing and packing, Allenburys Foods are untouched by hand. Every modern device is employed to achieve and maintain the highest possible standard of purity, so that even the paper bags which line the tins are made and placed in the tins by machinery. The tins are hermetically sealed and stamped on the bottom with a date beyond which the food should not be used. This date is well within the time limits of safety; and, if Allenburys Food is used within the time indicated, its freshness and purity are absolutely assured. In order to open a tin of Allenburys Food it is necessary to break the metallic seal which keeps the food pure and in perfect condition.

A Simple Test Prepare a little Allenburys Humanized Milk Food by adding hot (not boiling) water, according to the directions on the label. Note how easily it is made up, and how completely the food powder disperses in the water, making a smooth, natural-looking milk. Note the attractive, appetizing appearance and aroma of the food, and especially note the complete absence of separated fat, which is always so noticeable when ordinary dried milk is reconstituted.

Baby will take Allenburys Milk Food as readily, and digest it as easily, as breast milk. It supplies everything that is needed to make him thrive, and in the right proportions. All that need be added to the dietary is a little orange juice.

To prepare Allenburys Humanized Milk Foods, measure the required amount of food powder, using a spoon to fill the measure, and gently level the powder in the measure without pressure. Mix the powder to a smooth paste with cold (previously boiled) water, and then add hot water (previously boiled) to make up the required quantity. Allow the milk to cool to body heat (about 98° to 100° F.)* before feeding baby.

* Food Thermometer, see page 16.

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TIME-AND-QUANTITY TABLE
For Allenburys Milk Foods Nos. 1 and 2

Age	Quantity of food powder (level measure-fuls)	Amount of each feed (fluid oz.)	Total* amount in 24 hours (fluid oz.)	Suggested hours of feeding	Food	Number of feeds in 24 hours
1-4 weeks	1 $\frac{1}{3}$ -2	2-3†	12-18	3-hourly feeds 6, 9, 12, 3, 6, 10	No. 1	6
1-2 months	2-2 $\frac{1}{3}$	3-3 $\frac{1}{2}$	18-21	„ „ „	No. 1	6
1-4 weeks	1 $\frac{2}{3}$ -3 $\frac{1}{3}$	2 $\frac{1}{2}$ -3 $\frac{1}{2}$	12-18	4-hourly feeds 6, 10, 2, 6, 10	No. 1	5
1-2 months	2 $\frac{1}{3}$ -2 $\frac{2}{3}$	3 $\frac{1}{2}$ -4	18-21	„ „	No. 1	5
2-3 „	2 $\frac{2}{3}$ -3 $\frac{1}{3}$	4-5	20-25	„ „	No. 1	5
3-4 „	3 $\frac{1}{3}$ -3 $\frac{2}{3}$	5-5 $\frac{1}{2}$	25-27 $\frac{1}{2}$	„ „	No. 1 or 2	5
4-5 „	3 $\frac{2}{3}$ -4	5 $\frac{1}{2}$ -6	27 $\frac{1}{2}$ -30	„ „	No. 2	5
5-6 „	4-4 $\frac{1}{3}$	6-6 $\frac{1}{2}$	30-32 $\frac{1}{2}$	„ „	No. 2	5
6-7 „	4 $\frac{1}{3}$ -4 $\frac{2}{3}$	6 $\frac{1}{2}$ -7	32 $\frac{1}{2}$ -35	„ „	No. 2	5

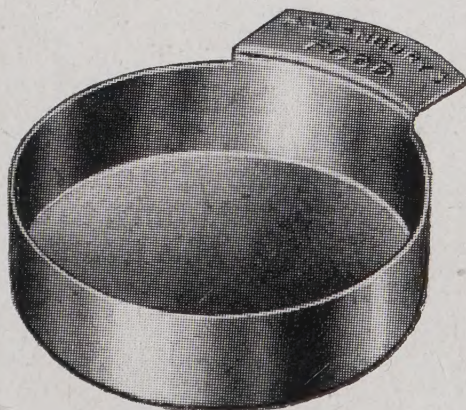
† A fluid ounce is approximately two tablespoonfuls.

* In some cases the total amount in 24 hours is stated only approximately.

Each level measureful of food powder makes 1 $\frac{1}{2}$ ounces of reconstituted food. Three-hourly feeding may be necessary during the first two months, but after this age few babies need be fed more often than every four hours.

Food Powder Measure

A metal measure, as illustrated, is enclosed in every tin of Allenburys Food. It holds enough food powder to make one and a half fluid ounces. The measure should be filled with a spoon and gently levelled off.



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When dipped into the tin it becomes too tightly packed with food powder, and wasteful over-feeding may result.

A level measureful of food powder holds approximately three level teaspoonfuls; one-third of a level measureful is equal to one level teaspoonful.

Detailed instructions for preparing Allenburys Foods, Nos. 1, 2, and 3, appear also on the labels of their respective tins.

Feeding by Bottle Feeding baby by bottle should be undertaken as carefully as breast feeding. The mother should devote all her attention to the job on hand, holding her child in as nearly as possible the same position as she would for natural feeding. Both mother and baby must be comfortable and free from distraction. Allenburys Feeder (page 14) lends itself most readily to feeding in the natural position, and, because of the special valve arrangement, it is impossible for baby to swallow air through the teat.

The teat should be of satisfactory shape. If it is too long it interferes with sucking and will make baby sick. The "bulb-end" teat is usually too large. The hole should be large enough to yield a steady stream with ordinary suction, and the feed should not last more than 20 minutes. If it does, the hole is too small and a teat with a larger opening should be obtained. Allenburys Teats are so graduated that it is possible to obtain a suitable type for every infant (page 14).

As in breast feeding, baby should be interrupted at least once during the feed. Sit him up inclined forward slightly or lay him in a comfortable attitude over your shoulder, and rub his back gently, but firmly, to dislodge any wind which may have accumulated. This treatment should be repeated at the end of the meal.

Baby should be fed at the regular hours only, nothing being given to him between feeds but cool boiled water with fruit juice. (See important directions on page 9.) No feeds

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should be given during the night. It is often convenient to delay the 10 p.m. feed until 10.30 or 11 p.m., and there is no reason whatever why the mother should not have this little extra leisure for social purposes.

After being used, the feeder should be washed with warm soapy water and then thoroughly flushed with cold water. The teat and the valve are washed free from milk in cold, and then in hot, water. Rub the teat with a pinch of salt to preserve it. Between feeds the bottle and the teat should be kept in a basin of boiled water, covered over with gauze.

Premature and Delicate Babies

The feeding of infants prematurely born or unusually feeble often presents very grave difficulties, particularly when a supply of breast milk is not available. Allenburys Humanized Milk Food No. 1, however, corresponds so closely to breast milk in its composition, and is so easily digested, that it has proved remarkably successful in many cases where it seemed unlikely that the infant would survive.

Allenburys Humanized Milk Food, Half-Cream, also may be used. It is exactly like the No. 1 Food except that it contains only half as much cream (fat), and on this account it is even more easily digested than Humanized Milk Food No. 1.

It is, therefore, easy to rear the most delicate infant by starting with Allenburys Humanized Half-Cream Food and changing gradually, as progress is made, to Allenburys Humanized Milk Food No. 1.

Premature babies are very likely to suffer from anæmia; and it is wise, therefore, to give as soon as possible an occasional feed of Allenburys Milk Food with Additional Iron.

It is necessary that the feeding of a premature or delicate baby should be superintended by a doctor or a nurse, but the general

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principles are that the feeds should be very small and very frequent. The following chart offers general guidance.

FEEDING CHART FOR DELICATE AND PREMATURE BABIES

Weight	Food	Quantity Per Feed	Total in 24 Hours	No. of Feeds in 24 Hours	Suggested Hours of Feeding
Up to 3 lb.	Allenburys Half-Cream Milk Food	1 fl. oz.	9 fl. oz.	9	6, 8, 10 a.m., 12 noon, 2, 4, 6, 8, 10 p.m.
3 to 3½ lb.	ditto	1½ „	10½ „	7	6, 8.30, 11 a.m., 1.30, 4, 6.30, 9 p.m.
3½ to 4 lb.	ditto	1¾ „	12 „	7	ditto
4 to 5 lb.	ditto	2½ „	15 „	6	6, 9, 12 noon, 3, 6, 9 p.m.
5 to 6 lb.	Allenburys Milk Food No. 1	3 „	18 „	6	ditto

Give one feed each day of Allenburys Milk Food with Additional Iron, replacing one feed of Half-Cream or No. 1 Food. The amount should be the same as at the other feeds.

Glucose or dextrin-maltose in boiled water may be given during the night.

When the infant weighs 6 lb., the ordinary feeding table (page 9) should be followed, with three-hourly feeds at first.

A chart to meet special requirements will be supplied to nurses on request. Write to Allenburys Mothercraft Bureau and state age, degree of prematurity, birth weight, and present weight, of baby.

THE SECOND STEP

WHEN BABY IS 3 MONTHS OLD

Allenburys Humanized Milk Food No. 2 Allenburys Humanized Milk Food No. 2 is exactly like Humanized Milk Food No. 1 (page 5) in its general characteristics, and it retains all the qualities which have made No. 1 so successful, but as it is intended for older babies it contains a little more of muscle-building proteins.

Allenburys No. 2 is educative. It allows baby to become accustomed gradually to the protein and the fat of cows' milk, and so stimulates his developing digestion.

The Change from No. 1 to No. 2 Food The change is easily made, either at once by substituting No. 2 for No. 1 entirely, or more gradually by introducing on the first day one feed of No. 2, on the following day two feeds of No. 2, and so on until all the No. 1 has been replaced.

A still more gradual method is to introduce a small percentage of No. 2 to each feed, increasing the amount until No. 1 is entirely replaced. The following instructions show how this method may be spread over a week or ten days.

For convenience the amount of food shown in these instructions is 6 oz.; but, of course, the amount given should be no more than baby's normal feed. (See Time-and-Quantity Table, page 9.)

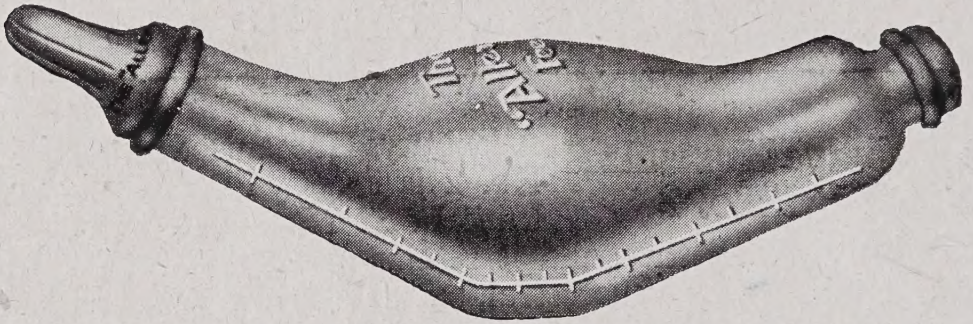
First two or three days: one measure of No. 2, and three of No. 1 Food. Mix to a smooth paste with a little cold boiled water, and then add hot water to make 6 fluid oz.

Second two or three days: two measures of each, prepared as above.

Third two or three days: one measure of No. 1, and three of No. 2 Food, prepared as above.

Subsequently: four measures of No. 2 Food, prepared as above. (See Time-and-Quantity Table, page 9.)

FEEDING ACCESSORIES



Allenburys Feeder

Allenburys Feeder is made in two sizes, 4 oz. and 8 oz., from specially annealed glass. The bottles are graduated for convenience in measuring, and the shape of the bottle is designed to facilitate feeding in a natural position.



A special feature is that Allenburys Feeder has no corners or crevices for the lodgement of food debris, so that it is easily cleaned and, being open at both ends, it may be flushed through with a current of water. It is unnecessary to sterilize the bottle by boiling.

Teats and Valves

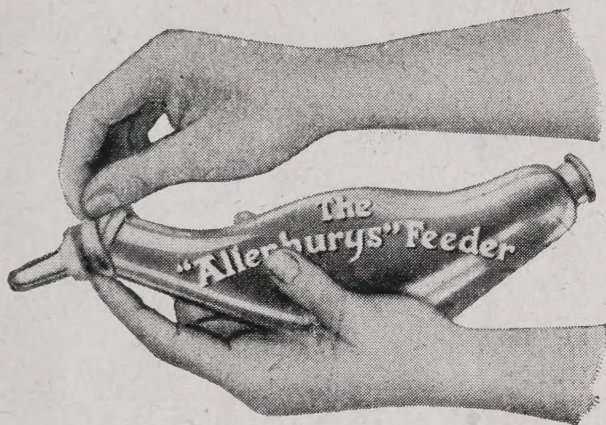
Allenburys Teats and Valves are moulded from a specially durable rubber.

The teats are supplied with perforations of various shapes, from the one-fine-hole to the five-leech-bite, thus providing for the sucking powers of almost any baby. Teats can be obtained with perforations as follows:

1-fine-hole - For the infant with very strong sucking powers.

FEEDING ACCESSORIES

- 1-leech-bite - - For the infant with weaker sucking powers.
- 2-, 3-, and 4-leech bite For use where the 1-leech-bite is found too small, or the food is somewhat thicker.
- 5-leech-bite - - The largest perforation of all: used for infants with extremely weak sucking powers, or for thick food; since the food flows through this number of perforations with very little sucking by the infant.



The correct method of attaching the Allenburys Teat

The Allenburys Teat is easily attached if the neck of the feeder is first wetted. The collar of the teat should be securely held by the left forefinger under

the projecting rim of the neck of the feeder; and then the teat should be stretched over the neck so that it is secured in position by the projecting rim.

The correct method of attaching the Allenburys Valve

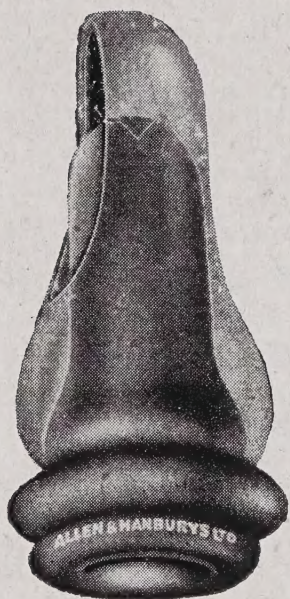
The Allenburys Valve is easily attached if the smaller end of the feeder is first wetted. Hold the valve so that the projecting portion enters the neck of the feeder. Securely hold the collar of the valve underneath the projecting rim of the feeder neck; and then stretch the valve collar over the neck so that it is secured in position by means of the projecting rim.



FEEDING ACCESSORIES

Allenburys Cleft-Palate Teat

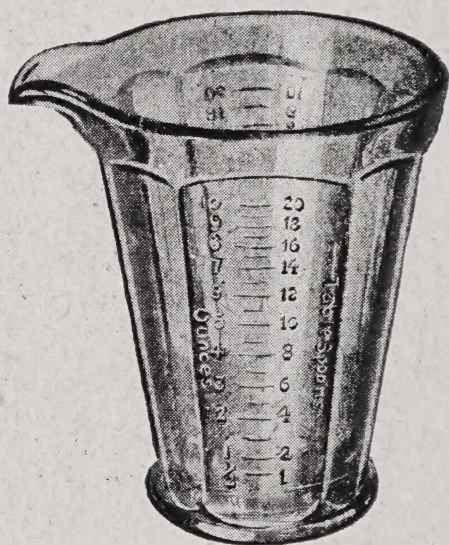
Cleft palate, fortunately rare, presents very special difficulties in feeding baby, because the food returns through the nasal air passages. Allenburys special cleft-palate teat overcomes this difficulty at once and enables the infant to be comfortably fed during the early weeks, while waiting for operation. It can be used to advantage also in cases where the uvula is abnormally long.



FULL SIZE

Liquid-Food Measure

The measure holds ten fluid ounces (half a pint). It is clearly graduated in table-spoonfuls and in ounces and the shape is specially planned for convenience in holding, measuring, and pouring.



Fluid Measures

A teaspoonful of liquid should measure 1 fluid drachm.
A dessertspoonful of liquid should measure 2 fluid drachms.
A tablespoonful of liquid should measure 4 fluid drachms, or half a fluid ounce.
Two tablespoonfuls of liquid should measure 8 fluid drachms, or 1 fluid ounce.

The Allenburys Thermometer

The temperature of the food, when given to the infant, should always be about 100°F., never over. A suitable thermometer, known as the Allenburys, is supplied for taking the temperature of the food. It can also be used as a bath thermometer, and is marked to show the temperatures for tepid, warm, and hot baths. This thermometer screws into a nickel case, is under six inches in length, and can safely be carried in the pocket.

The Weanling and the Toddler

THE APPROACH TO WEANING

Milk foods and, later, milk must form the main part of baby's dietary all through the early years of childhood. In the past it was customary to use practically nothing but milk for the first nine or even twelve months. The leading authorities are now agreed that the process of broadening the dietary should be started much earlier. Orange juice, of course, or some suitable substitute should be given every day from the earliest weeks, and the need for orange juice is discussed on page 4.

First Solid Food When baby reaches the age of six months it is safe to make a few minor additions to his dietary. At this age important changes are shaping themselves. The teeth may already have given indications of their impending eruption, and baby becomes conscious of an instinct to bite. The desire to use the gums should be gratified, for it teaches baby the new movement of chewing, which must ultimately replace the sucking movements with which until now he has been familiar. Biting and chewing movements, too, provide excellent exercise for the gums and the jaws. The eruption of the teeth is stimulated and the jawbone grows to proportions that will allow satisfactory room for the teeth, without unsightly crowding.

Allenburys Malted Rusks Allenburys Malted Rusks may safely be introduced towards the end of the sixth month. They are invitingly crisp and crunchy and they afford baby great satisfaction and comfort. The rusks soften readily with the saliva, so that there is little danger of untoward accident. A little supervision is necessary, for baby has not yet learned to swallow in the adult fashion. The soft fragments of rusk encourage him to practise normal swallowing movements.

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Allenburys Rusks contain additional vitamin D, which is very useful at the period of teething. It ensures the formation of strong, well calcified teeth.

Allenburys Rusks are of value also from the nutritional point of view. They are made from wheaten flour, which is partly digested by the action of malt, and they provide exercise and stimulation for the starch-splitting digestive juices, without the risk of digestive upset which would attend the use of ordinary undigested starch in bread or biscuits.

The rusks, therefore, constitute an admirable first solid food, for they prepare the way for the progressively broadening dietary of the weaning period.

Allenburys Malted Food No. 3 The need for educating baby in starch digestion is important, for most of the valuable energy-providing foods, such as cereals, bread, potatoes, and other root vegetables, are rich in this compound carbohydrate.

During the first six months of his life, baby has been dealing with only simple carbohydrates, such as sugar of milk and maltose; and before he can make much progress with a broader dietary his digestion must be prepared and educated gradually to the task of splitting up starch into the more simple sugars.

The First Step to Weaning Allenburys Malted Food No. 3 is appropriately described as "the first step to weaning." It is planned to act as a bridge between the milk feeding of the first six months and the broader dietary of the toddler, and it should be introduced at the beginning of the seventh month, no matter what method of feeding has previously been employed.

Wheat, Minerals, and Vitamins Malted Food No. 3 is the third step in Allenburys Progressive System. It is prepared from wheat specially selected for its high content of body-building protein. The wheat is thoroughly roasted to break up the granules of starch so that baby may digest it easily. In this way his digestion is

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stimulated and educated, and the change to completely undigested starch is made in the gradual, easy method which is so essential to success in dealing with babies.

No. 3 Malted Food has a rich mineral content. There is plenty of calcium and phosphorus to build bones and teeth, and of iron to make blood, and the food is enriched with vitamin D to protect, and to stimulate healthy growth.

In addition to introducing partly-digested starch, Allenburys No. 3, since it is prepared for use with cows' milk, is also a useful means of introducing cows' milk to babies who have not as yet been accustomed to it.

TIME-AND-QUANTITY TABLE

For Allenburys Malted Food No. 3

Age	Quantity of food powder No. 3 (level measurefuls)	Quantity of Milk (fluid oz.)	Amount of each feed (fluid oz.)	Suggested hours of feeding	Number of feeds in 24 hours
6-9 months	2	3½	6†	6, 10, 2, 6, 10	5
9-12 „	2½	4½	7½	6, 10, 2, 6 Drop 10 p.m. feed during this period.	4

† A fluid ounce is approximately two tablespoonfuls.

To Prepare the Malted Food No. 3

After measuring out the requisite quantities of dry food and milk, mix the food powder with just enough cold boiled water to form a smooth paste, then add the boiling milk, and afterwards add boiling water up to the required quantity of prepared food. Sweeten with a dessertspoonful or less of Allenburys Dextrin Maltose (No. 6 for choice) or sugar, according to the age of the child and the quantity of the feed. In temperature the food, when given to the child, should never exceed 100° F. (See page 16.)

See advice about the daily dose of orange juice, on page 4.

THE WEANLING AND THE TODDLER

To Make Malted Food No. 3 Thin

Those who prefer to make the food *thinner in consistence* than the above should, after mixing the food powder to a smooth paste with cold boiled water, boil the milk and the remainder of the water in a saucepan and add it gradually to the food paste, while constantly stirring, then place the food measure or vessel containing the food in a saucepan of water heated to a temperature of 130° F., and allow it to stand there for half an hour before use, keeping up the temperature to 130° F.

To Make Malted Food No. 3 Thick

To make the food thicker for cup and spoon feeding, mix the powder to a thin cream with half the required quantity of cold milk indicated in the table. Boil the rest of the milk with enough water to make the required quantity of food. Pour in the food slowly in a thin stream, stirring continuously, and continue boiling for about a minute after all the food has been added. Treating the food in this manner will stop the continued action of the malt extract on the burst starch granules. This method of preparing the food gives the child's digestion more to do, and will be found to suit robust children, who sometimes prefer a thicker food to the Malted Food No. 3 as usually prepared.

The Introduction of Allenburys Malted Food No. 3

In the case of an Allenburys baby the change over from No. 2 to No. 3 may be made by one of the methods suggested for the change from No. 1 to No. 2 (page 13). Begin with one feed of No. 3 per day and increase the number daily until No. 2 is discontinued. The following instructions indicate a more gradual method by which No. 3 Food and cows' milk are introduced in small quantities:

First week: $\frac{1}{2}$ measure of No. 3 Food, 3 measures of No. 2 Food, 2 tablespoonfuls of boiling milk, and boiling water to 6 fluid ounces.

Second week: 1 measure of No. 3 Food, 2 measures of No. 2 Food, 2 tablespoonfuls of boiling milk, and boiling water to 6 fluid ounces.

THE WEANLING AND THE TODDLER

Third week: 2 measures of No. 3 Food, 1 measure of No. 2 Food, 4 tablespoonfuls of boiling milk, and boiling water to 6 fluid ounces.

Subsequently: 2 measures of No. 3 Food, $3\frac{1}{2}$ fluid ounces of boiling milk, and boiling water to 6 fluid ounces. (See Time-and-Quantity Table, page 19.)

To prepare these mixtures, put the No. 2 Food powder and the No. 3 Food powder into a measure and add a tablespoonful of cold boiled water to make a paste. The milk and the approximate amount of water required may be boiled together and added to the paste with constant stirring. Some cold, boiled water may then be added if necessary, to make the amount up to six fluid ounces. A teaspoonful of dextrin-maltose or sugar should be added to each feed.

Weaning from the Breast

If baby has been breast-fed for the first six months, it is an excellent plan to accustom him to bottle-feeding by using Allenburys Humanized Milk Food No. 1. As already explained, this food resembles breast milk very closely in composition and in the remarkable ease with which it is digested. Moreover it is very palatable, and most babies will drink it enthusiastically. This is a very great advantage, for sometimes there is difficulty in persuading a baby, accustomed for six months to the breast, to drink from a feeding bottle. If the food which is offered in the feeding bottle is agreeable and palatable, the difficulty is much more readily overcome.

The change from No. 1 to No. 3 Food can then be made gradually, exactly as suggested on page 20, except that, where No. 2 Food is mentioned, "No. 1 Food" should be read.

In this way the breast-fed baby is introduced to the broader dietary, although he may still receive occasional breast feeds if it is not desired to wean him completely.

If milk mixtures of any kind have been used for baby in the first six months, the change over to Allenburys Malted Food No. 3 presents no difficulty at all. The new food may be introduced in small quantities and gradually increased until the amounts recommended in the instructions can be used.

THE WEANLING AND THE TODDLER

It is important to note that Allenburys Malted Food No. 3 is a nutritious cereal, and, although it is the third step in the progressive system of infant feeding, it makes an excellent food for older children and may be used with advantage as a milk drink or as a pudding.

Directions for Preparing Malted Food No. 3 with Milk Food No. 1 or No. 2

Allenburys Malted Food No. 3 is usually made with cows' milk; but if cows' milk is unobtainable, as on journeys, or is unsuitable or of doubtful quality, or if, as sometimes happens, baby cannot tolerate cows' milk, Allenburys Humanized Milk Food No. 1 or No. 2 may be used to replace the milk. The Malted Food No. 3 should then be prepared as follows:

Preparing No. 3 Malted Food with No. 1 or 2 Milk Food when cows' milk is unsuitable

Age	Quantity of No. 3 Food powder (level measurefuls)	Quantity of No. 1 or 2 Food (level measurefuls)	Amount of each feed (fluid oz.)	Suggested hours of feeding	Number of feeds in 24 hours
6-9 months	2	3	6†	6, 10, 2, 6, 10	5
9-12 „	2½	3½	7½	6, 10, 2, 6 Drop 10 p.m. feed during this period.	4

† A fluid ounce is approximately two tablespoonfuls.

Mix the food powders together to a smooth paste with cold water, and gradually add, with constant stirring, enough boiling water to make the required quantity.

The Broader Dietary

During the first six months of his life, baby's diet is entirely milk food, with the addition of vitamin preparations such as orange juice, cod-liver oil, Haliborange, etc. Biscuits or starchy foods should not be given, but as the end of the sixth

THE BROADER DIETARY

month approaches an Allenburys Rusk is permitted as a stimulant to teething and as an introduction to solid food. (See pages 17 and 47.)

After the age of six months the diet is gradually broadened to include, first of all, partly-digested cereal, as supplied by Allenburys No. 3 Food; and then strained and homogenized fruits and vegetables (spinach, carrots, potatoes, etc.) are given, in very small quantities to begin with. Prune pulp, grated apple, beef juice, bone-and-vegetable broth are next added, with, of course, rusks and butter, and occasionally a little egg yolk soft-boiled or coddled.

From nine months onwards the process of broadening the diet proceeds more rapidly, and a wider range of foods should be introduced. Allenburys Cereal, which is ready cooked and should be served with milk, is given in the morning, and calf's brain, herring roe, or cod roe, may be introduced at the mid-day meal. During this period the vegetables may be given finely chopped instead of being strained, to teach baby to chew them finer himself. At any time now, the ten-o'clock feed may be discontinued, and baby should not be awakened for this feed after the age of nine months.

Allenburys Cereal

Allenburys Cereal is delightfully crisp and crunchy and has a most delicious flavour. It is already cooked and should be served cold with top milk, with or without fruit. Allenburys Cereal is suitable both for adults and for children from the age of nine months. It is a concentrated, easily digested food, prepared from whole wheat grains and barley malt. It has, in addition, a definite percentage of calcium, phosphorus, and iron, as well as vitamins A, B₁, B₂, and D, the importance of which has already been mentioned. Allenburys Cereal contains nearly 14 per cent. of protein (building material), enough fat (about 6 per cent.) to meet the needs of child or adult, and about 42 per cent. of carbohydrate. Most of the sugar is in the soluble form. One ounce of this food will give 120 calories of energy. The average young weanling or toddler needs about 1,000 to 1,200 calories per day, and therefore the Allenburys Cereal can supply almost a tenth of the total energy and food requirements in the child, and it costs only one

THE BROADER DIETARY

shilling for fourteen ounces—not a penny per ounce. It is even cheaper when a 7-lb. tin is bought. A comparison of this with other breakfast foods will reveal that Allenburys is really the cheapest, as it is the best. Not many foods will give 120 calories for less than a penny, and in addition to its actual food values Allenburys Cereal is a rich store of vitamins and mineral salts.

For greater convenience in planning the menu for weanlings and toddlers, diet charts, covering respectively the periods 6 to 9 months, 9 months to 1 year, 1 to 2 years, and 2 years onwards, are provided. It is not necessary to adhere rigidly to the charts: much depends on the baby's progress. All changes and additions should be made gradually as baby becomes accustomed to the new methods and new foods.

There follow, on the succeeding pages, recipes for suitable dishes for toddlers and young children.

DIET CHART

6 to 9 months

- | | |
|------------------|---|
| 6 a.m. | One teaspoonful of Haliborange diluted with a tablespoonful of water. 6 oz. of Allenburys No. 3 Food with Allenburys Dextrin-Maltose (No. 6 for choice) instead of sugar. |
| 9.45 a.m. | An Allenburys Rusk with butter, followed in 15 minutes by a tablespoonful of grated apple or prune pulp or homogenized fruit, and 6 oz. of Allenburys No. 3 Food as at 6 a.m. |
| 12 noon | One teaspoonful of Haliborange diluted with a tablespoonful of water. |
| 2 p.m. | A little bone-and-vegetable broth (2 oz.) or 2 oz. of sieved vegetables, followed by a tablespoonful of scraped apple or other fruit as at 9.45 a.m., with about a tablespoonful of junket or egg custard, followed by 4 to 6 oz. of Allenburys No. 3 Food. |

DIET CHARTS

- 4 p.m.** One teaspoonful of Haliborange, as at 12 noon.
- 6 p.m.** As at 9.45 a.m., omitting apple.
- 10 p.m.** A cupful of Allenburys Diet or Allenburys Malted Milk made with water only, or 6 oz. of Allenburys No. 3 Food.

Towards nine months the following may be incorporated in the dietary, preferably at the mid-day meal: coddled egg (half to begin with), flaked white fish, calf's brain, fish roe.

Allenburys Cereal also can be introduced at about nine months.

Allenburys Diet is very useful at the 10 p.m. feed if baby does not sleep well.

DIET CHART

9 months to 1 year

- On waking** Orange juice (fresh or Allenburys Concentrated) diluted and sweetened, or tomato juice, or grapefruit juice diluted and sweetened.
- 8 a.m.** Half an egg, coddled, every second morning.
Breakfast On alternate mornings, stewed fruit, prunes, apples, pears, etc. (fruit should be free from skins, pips, and core); Allenburys Cereal with milk, or Allenburys No. 3 Food made thick; brown bread (toasted) or Allenburys Rusks with butter; Allenburys No. 2 or No. 3 Food, 6 to 8 oz.; finish with small piece of raw apple.
- 10.30 a.m.** One teaspoonful of Haliborange diluted with water, sweetened if necessary.

DIET CHARTS

12 noon	Bone-and-vegetable broth (about 4 oz.), potatoes, mashed with green vegetables and carrot (sieved or homogenized) and white fish flaked, or cottage cheese, or Allenburys Beef Juice, or mince, or fish roe, or calf's brain; fruit salad; Allenburys No. 3 Food to drink, or made thick as pudding with fruit; small piece of raw apple.
Dinner	
2.30 p.m.	One teaspoonful of Haliborange as at 10.30 a.m.
4.30 p.m.	Brown bread toasted, or Allenburys Rusks with butter, or jam, or honey; chopped vegetable salad; or fresh tomato (skinned), or a little sardine, or stewed fruit; Allenburys No. 3 Food, 6 to 7½ oz.; finish with a small piece of raw apple. Allenburys Diet, 5 oz., with Rusk and butter.
Bedtime	Cupful of Allenburys Malted Milk.

DIET CHART

1 to 2 years

On waking	Orange juice (fresh or Allenburys Concentrated) or grapefruit juice, diluted with water if necessary, or tomato juice.
Breakfast	Allenburys Cereal with <i>top</i> milk; half a lightly boiled egg four days per week, and, on the other days, tomato, or dates, or nuts and raisins, or other fruit; Allenburys Rusks and butter, or toasted bread; Milk Food No. 2, or milk, or Allenburys Milk Cocoa; piece of raw apple to finish.
Mid-forenoon	Piece of raw apple; drink of water. (No biscuits.)

DIET CHARTS

Lunch

1st course: Soup, made with butter or stock, with all kinds of vegetables, and with the addition of a little milk and either yeast extract or Allenburys Beef Juice before serving.

2nd course: Calf's brain, or fish roes, or flaked white fish, or cottage cheese, or grated cheese, or minced steak, or minced liver (liver once a week), with potato and two other vegetables.

3rd course: Milk custard (no milk pudding) with fresh fruit salad and milk; piece of raw apple to finish.

Tea

Allenburys Rusks and butter, lettuce, tomato, or vegetable salad. On three days when no egg accompanies breakfast, give sardine, herring, fish roes, or other fat fish for tea in addition to salad; milk or Allenburys Milk Food No. 2 or No. 3 Malted Food, with or without cocoa, or Allenburys Milk Cocoa; piece of raw apple to finish.

Supper

Allenburys Diet or Allenburys Milk Cocoa, or Allenburys Malted Milk. Clean teeth afterwards.

No food or sweets between meals. During winter give Haliborange 3 times a day and Calcydic, one teaspoonful, twice daily.

DIET CHART

2 to 5 years

On waking

Orange juice (one orange or Allenburys Concentrated), or tomato juice, 2 to 4 oz., or grape-fruit juice.

DIET CHARTS

Breakfast (half-hour later)	Allenburys Cereal with milk or cream, small helping; egg (three mornings) coddled, poached, or scrambled, or crisp rasher of bacon, or fish (herrings, etc.), or fish roe one morning, or cottage cheese, or ripe tomato, or ripe banana; Allenburys Rusks, or toasted bread with butter; Allenburys No. 3 Food, or milk, 8 to 10 oz.
Lunch	Select from: mince, stew, liver, sweetbreads, brains, fish roe, fish, chicken, rabbit, cheese; potato and two other vegetables—cabbage, cauliflower, carrot, turnip, spinach, sprouts, etc., peas and beans sparingly; fresh salad of fruit or vegetables; 5 oz. of milk.
Tea	Bread toasted, or Allenburys Rusks, with butter, honey, or jam. Select from: dates, banana, raisins, lettuce-and-tomato salad, grated apple, cottage cheese.
Supper	Allenburys Diet or Milk Cocoa, or Allenburys Malted Milk, with biscuit or Rusk, or whole-meal bread. Haliborange to supplement vitamins A, D, and C, particularly during the winter.

GENERAL RECIPES

Bone-and-Vegetable Broth	Well chop a pound of fresh veal, mutton, or beef bones, and put them into 3 pints of cold water with a teaspoonful of salt. Simmer for hours, until the bones actually crumble and the liquid is reduced by half. Then strain through muslin to eliminate splinters. Into this broth put carrots, turnips, celery, parsnips, artichokes, cauliflower, or any other vegetables obtainable. Cook gently for an hour. Then remove the vegetables and give baby half a cupful of the broth twice
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GENERAL RECIPES

daily. Suitable for infants from four or five months. At six or seven months some of the vegetables may be put through a sieve and given with butter as well.

Barley Sauce Make a thin paste with $\frac{1}{2}$ oz. of Allenburys Barley and a little cold milk. Add the remainder of $\frac{1}{2}$ pint, boiling, to the paste, bring to the boil, slightly salt, and simmer for ten minutes. When it is off the boil, add 1 oz. of butter and stir it in. May be served with vegetables, fish, or brains, or with diluted Allenburys Beef Juice as a nourishing soup.

Spinach Purée Carefully remove stalks and wash well in many waters. Place in a roomy pan (without water), add a little salt, and gently simmer (without a lid) until tender. Strain off liquid, beat up spinach with a wooden spoon, add a little butter, and put through a wire sieve. May be given to baby from six months, beginning at a teaspoonful and gradually increasing to a good tablespoonful.

Creamed Cauliflower Take some firm pieces of the flower, which have been simmered in bone broth, make a sauce of Allenburys Barley and a cupful of milk; add $\frac{1}{2}$ oz. of fresh butter. Place the cauliflower in the hot sauce and serve.

Note.—Half a teaspoonful of chopped parsley may be added to all babies' broths and vegetables (except green ones).

Carrot Cream Cook some young carrots in broth until tender, put through a sieve, and mix with a tablespoonful of fresh dairy cream. Turnips and artichokes may be done in the same way.

Chicken Jelly Joint a boiling fowl and lay it in a quart of cold water with a little salt. Simmer slowly until the liquid is reduced to a cupful. Clear with white of egg and allow to cool. It will set in a jelly, and may be given to very young babies.

Note.—The cooked fowl may be (a) curried for the family, (b) served with white sauce, or (c) eaten cold with salad.

GENERAL RECIPES

Special Savoury Butter a small fireproof dish and lay into this four or five buttered rusks. Whisk a new-laid egg with half a tumbler of milk. Add a dessertspoonful of Allenburys Beef Juice, salt slightly, and bake in a moderate oven till set.

Tomato Custard Line a small fireproof dish with fresh butter and place into this a tomato cut into slices. Whisk a new-laid egg in a cupful of milk, add a little salt, and place in a moderate oven until set. Sprinkle with freshly-chopped parsley and serve.

Yorkshire-Pudding Soufflé Whisk the white of an egg to a stiff froth and add a little salt. Mix a tablespoonful of self-raising flour with a cupful of milk and the beaten yolk. Add the stiff white by carefully folding in. Place in a fireproof dish which has half an ounce of beef dripping or butter melted in it. Place it in a moderate oven for ten minutes and then increase the heat gradually as the pudding rises. It should be soft in the middle and crisp and brown at the edges. Sprinkle with a teaspoonful of Allenburys Beef Juice or the juice of a roasted joint. Time, about 20—30 minutes.

Sheep's Brains Melt some butter in a pan, roll the brains in flour, and place them in the hot butter. Simmer gently until golden brown, and serve with a mealy baked potato and some chopped parsley.

Soft Herring Roes These may be cooked in precisely the same way as the sheep's brains. Both are rich sources of vitamins and other vital elements, have the merit of being cheap, and are easily prepared. Incidentally, they make a great appeal to babies. For older children they are served on toast.

Cod Roes These should be plunged whole into fast-boiling, salted water, and then set aside in the saucepan until quite cold. The roes are then sliced thinly, heated in a pan with hot butter, and served. In this way the vitamins are preserved. Suitable for any baby with teeth, no matter what age.

GENERAL RECIPES

Beef-Juice-and-Rusk Savoury Pudding

Butter a small fireproof dish and place half a dozen buttered Allenburys Rusks with some pieces of tomato into the dish. Whisk an egg in a breakfastcupful of milk, and add a dessertspoonful of Allenburys Beef Juice, season, and pour over the rusks. Sprinkle with parsley. Bake in a moderate oven 10—20 minutes. Stand the dish in a vessel of water in the oven, to avoid “curdling.”

Rusk-and-Cheese Savoury

Place half a dozen Allenburys Rusks, well buttered, in a greased fireproof dish, with a bayleaf. Pour over this an egg whisked in a breakfastcupful of milk, and grate one ounce of Cheshire cheese over it. Cook in a sharp oven 15—20 minutes.

Raisin-and-Rusk Pudding

Place rusks in a fireproof dish as above, but sprinkle among them a good handful of raisins or sultanas and some chopped brazil nuts, adding egg and milk as before, and a grating of nutmeg. Cook 15—20 minutes.

Milk-Cocoa Junket

Make a smooth paste with one tablespoonful of Allenburys Milk Cocoa and warm a pint of milk with $\frac{1}{2}$ oz. of sugar, a bayleaf, and 1 oz. of butter. Mix all together at 100° F., turn into a bowl, and add a teaspoonful of essence of rennet. Stand in a cool place, preferably on ice, and serve in one hour with cream. A delicious and nourishing dish, readily digested by the most delicate stomach.

Beef-Juice Junket

Add to one breakfastcupful of milk a whisked egg and a bayleaf. Warm in a double saucepan, then cool to 100° F., and add a dessertspoonful of Allenburys Beef Juice and a teaspoonful of essence of rennet. Serve in one hour. Junkets are improved if cooled on ice.

Egg Cocoa

If a drink is desired for a “nightcap,” make a breakfastcupful of Allenburys Milk Cocoa and add a whisked egg. Cook in a double saucepan until the cocoa thickens.

NUTRITIVE FOODS

Diet Blanc-Mange Make one pint of Allenburys Diet with milk and add $\frac{1}{2}$ oz. of gelatine. Flavour with lemon or vanilla or a simple bayleaf, and cool in an ice chamber if possible. Serve with cream or fresh fruit juice.

Diet-Beef Make a breakfast-cup of Allenburys Diet in the usual way. Cool, and then add a dessert-spoonful of Allenburys Beef Juice. To make a still more nourishing beverage, mix the Allenburys Diet with milk instead of water.

NUTRITIVE FOODS

**Allenburys
Dextrin Maltose** This is a mixture of soluble carbohydrates which should find a place in the dietary of every toddler. It is highly nourishing and remarkably easy to digest, and it is now regarded by children's specialists as the best carbohydrate for babies.

It does not ferment in the bowel like cane sugar or sugar of milk, and it may be used in milk mixtures for infants, with Allenburys Malted Food No. 3, or in fruit drinks or puddings. When it is dissolved in milk it greatly facilitates digestion of the milk, since it has a modifying effect, and it makes milk a much more complete food for children, since it increases the amount of sugars, which are naturally low in cows' milk.

Dextrin Maltose is a rich, rapidly effective source of energy and is specially useful for nervous energetic children and for adults who are subjected to physical and mental strain.

It is available in the following six varieties, which are all suitable for infant feeding or for general use. The addition of special ingredients, however, makes five of the varieties of special value in certain conditions.

No. 1, with Sodium Chloride. Should be used when there is sickness, diarrhœa, loss of fluid and salts by perspiration, etc.

NUTRITIVE FOODS

No. 2, Salt-Free. For general use when there are no special indications.

No. 3, with Potassium Bicarbonate. Helps digestion of fat and relieves constipation. Cows' milk is usually deficient in potassium.

No. 4, with Vitamin D. Specially useful when lack of vitamin D is suspected, and when fat is excluded from the diet.

No. 5, with Sodium Chloride and Iron. Is admirable for modifying cows' milk for infants suffering from nutritional anæmia or convalescing from illness. It reinforces the inadequate iron content of cows' milk.

No. 6, with Vitamin C. Prevents scurvy and is specially recommended for infants.

Allenburys Beef Juice

This is a preparation which is in no way to be confused with the various meat extracts under different titles being sold to-day; it is in a class apart and contains soluble albuminoids and extractives of prime lean beef, in a form which may be assimilated by the most delicate baby digestion; it is also rich in the same vitamins and mineral salts as are found in prime English beef. After baby has been introduced to Beef Juice, a variation may be made by giving him a rusk broken into small pieces, warmed slightly to make extra crisp, and lightly sprinkled with Beef Juice suitably diluted (one teaspoonful in a wineglassful of cool boiled water). It is really delicious given this way and babies love the flavour. It stimulates appetite and does much to encourage chewing. Underweight babies have been known to make gains of 6 to 8 oz. in a week or ten days after the introduction of this Beef Juice to the dietary, it has such a splendid effect on the appetite.

Allenburys Diet

Allenburys Diet is distinct from Allenburys Infant Foods. It is a delicious, predigested, milk-and-wheat beverage which is suitable for babies, for toddlers and older children, and for adults. Allenburys Diet supplies rich nourishment and energy in a

NUTRITIVE FOODS

concentrated, easily absorbed form, and it is extremely useful for maintaining the strength of babies and toddlers while they are suffering from illness, or from an upset of the digestive system. It makes a splendid supper dish for children and adults who sleep badly at night, and taken in the forenoon it provides extra energy without imposing additional strain on the digestion. Allenburys Diet contains the nourishment of full-cream milk and wheat, it supplies the important minerals, calcium and phosphorus, and it is enriched with vitamin D. Expectant and nursing mothers should take a cupful of Diet at 11 a.m. and at 10 p.m.

Allenburys Milk Cocoa

This cocoa differs in important respects from other cocoas. Those who like cocoa will prefer Allenburys, and those who find that ordinary cocoa disagrees will find Allenburys distinctive in the richness of its flavour, yet light and easily digested.

Allenburys Milk Cocoa is partly digested during its manufacture from full-cream milk and wheat, among other valuable ingredients, and it is made ready for use by adding boiling water only.

It is an admirable vitalizing and sustaining beverage for children and adults and is specially useful as a meal-time beverage for school-children, and for expectant and nursing mothers.

Allenburys Malted Milk

This is a delicious food beverage, which combines the health-giving properties of full-cream milk, rich in body-building protein, vitamins, and mineral salts, with the nutritive and digestive principles of malted barley. It is a wonderful health-drink for people of all ages, in health and in sickness. Allenburys Malted Milk is a superior product in every way. It mixes easily with hot or cold water, making a creamy, inviting beverage. It makes a light, digestible, invigorating, and sustaining meal, rich in muscle-building and energizing foods, and it is the ideal night-cap or mid-morning refresher.

MILESTONES IN BABY'S DEVELOPMENT

At about the age of three weeks baby will begin to turn his head in the direction of a light and he will look at any bright or coloured article held, without movement, in the line of his vision.

The first effort to lift the head is made usually about the eighth week, and at three months baby attempts to sit up. At six months he can rise to the sitting position unaided, although, of course, he still requires support when he is allowed to remain in this position. The ninth month generally sees another step forward, for baby attempts to pull himself upright on his feet. Very often he succeeds, and, with some support, is able to stand.

During the next three months he becomes firmer and makes more sure of himself in the upright position and he learns to stand on his feet with less and less support. His next achievement is to walk, and when he is a year old he begins to make an effort to step out. Confidence is gradually gained, and by

Height-and-Weight Table for Twelve Years

Age	Weight in pounds	Height in inches
Birth	7	20
1 year	21	29
2 years	28	33
3 "	33	37
4 "	37	40
5 "	41	42
6 "	45	44
7 "	49	46
8 "	55	48
9 "	61	50
10 "	67	52
11 "	73	54
12 "	79	56

MILESTONES IN BABY'S DEVELOPMENT

the time baby is eighteen months old he can walk unaided. By the end of the eighteenth month a baby should be able to control his bladder and his bowels during the day, but it is too early as yet to expect him to remain dry all through the night. At the age of two, however, he should begin to have complete control of his bladder by night as well as by day.

It must be remembered, of course, that these milestones represent the average of many babies. There are really no normal developmental periods. Many normal children develop rapidly, while many other babies, no less normal, develop much more slowly.

The age at which talking begins is very variable. In a household where there are other children, or if his mother talks freely to him, a baby will probably speak much earlier than he otherwise would. The first simple words "mum" and "dad" are generally spoken between the ages of nine months and twelve months, but some children who are perfectly normal in every way may not find their tongues until they are almost two years old.

DAILY ROUTINE OF THE INFANT

This time-table is planned on the assumption that baby is being fed every four hours. It is offered merely as a suggestion and may be modified in minor points to meet special circumstances. For example, it may be necessary to feed baby every three hours, or with four-hourly feeds it may prove more convenient to adopt 7, 11, 3, 7, 11, instead of 6, 10, 2, 6, 10. The important thing is that the daily time-table should be systematic and regular. Baby should be fed at precisely the same hours every day. It is unfair to leave him a little longer or feed him a little early for the convenience of the household. If asleep when the feed is due, baby should be awakened.

- | | |
|---------------|---|
| 6 a.m. | Remove napkin and feed. Hold out, and then put back to cot to continue sleep. |
| 9 a.m. | Orange juice (see page 4). |

DAILY ROUTINE OF THE INFANT

- 9.30 a.m. Bath (see page 40).
- 10 a.m. Feed, hold out.
Exercise in lap.
Put outside in pram.
- 2 p.m. Remove napkin. Feed.
Hold out.
Return to pram out of doors.
- 5.30 p.m. Orange juice.
Wash. Change into nightclothes.
- 6 p.m. Feed. Hold out.
Exercise and mother.
Bed.
- 10 p.m. Remove napkin. Feed.
Hold out.
Return to bed.

BREAST FEEDING

How to Breast Feed

Baby should be held comfortably in his mother's arms or supported on a pillow so that he inclines slightly to one side. The head and the back must be well supported, so that baby will feel secure. The mother bends slightly forward, so that the nipple is easily reached. A little milk may be squeezed out first, to cleanse the duct.

The disengaged hand should be used to steady the breast with a finger above and another below the nipple. If baby is reluctant to begin, a little milk may be squeezed from the nipple or the nipple may be moved against his lips. The job of feeding requires all the mother's attention, and to make a success of it she should let it absorb her interest completely.

BREAST FEEDING

The feed should last from ten to twenty minutes according to the flow of milk and to baby's sucking powers, and the most reliable guide to total quantity is the weekly gains in weight, which should be not less than 4 oz. and rarely more than 6 oz.

To prevent wind, interrupt baby once or twice during the feed and, laying him over your shoulder, stroke his back gently but firmly to aid the expulsion of the air, which is usually swallowed along with the milk.

If baby regularly gains more than 6 oz. per week, overfeeding is probably the cause, unless he is unusually large; but if the weekly gains are less than 4 oz. it is likely that baby is not getting enough food. This is a common occurrence with breast feeding.

Every attempt should be made to increase the supply of breast milk by ensuring that the breasts are properly emptied, and by adding to the mother's dietary nourishing foods like Allenburys Diet and abundance of fluids.

Test Feeding If there is any doubt about the amount of milk baby is having from the breast, test feeding should be adopted for a few days. Baby is weighed immediately before each feed, and again immediately after. The napkin, of course, is not removed before the feed and remains unchanged until baby is again weighed. No fluid such as water or diluted orange juice should be given after the first weighing. By this means it is possible to determine exactly how much milk baby is getting from the breast, and if it is not enough ($2\frac{1}{2}$ oz. of milk is necessary for every pound of baby's weight) a supplementary feed should be given. It is necessary to have a proper baby scale for test feeding: the spring balance is not sensitive enough (page 45).

Complementary and Supplementary Feeding

Milk Food No. 1 should be given in addition to breast milk

The underfeeding must be checked without delay, and some Allenburys Humanized

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until such time as the supply of breast milk has been increased. This food is specially suitable for use in conjunction with breast milk (pages 5 and 6).

There are two methods. A small feed of Allenburys No. 1 may be given after each breast feed, or a full feed of Allenburys No. 1 may be used to replace one or more breast feeds according to the amount of breast milk available. The second method is more satisfactory, especially when test feeding is inconvenient. The first method may be adopted only when accurate test feeding is possible.

The routine of feeding, whether three-hourly or four-hourly, should be adhered to rigidly, and no feeds should be given during the night (see also page 9).

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BABY'S BEDROOM

The Bed and the Pillow

The cot may be of simple make, with a hair mattress which may be stiffened with boards of three-ply wood, thus preventing the mattress from sagging. A sheet of waterproof material or plain rubber covers the mattress, and a small blanket goes over this. A pillow, soft yet firm, is necessary when baby is tiny, but after a few months he may be taught to sleep without one; this is far more healthy. Down pillows are dangerous. Young babies have been known to suffocate in their billowy softness.

A soft sheet and a fleecy Witney blanket, long enough to fold and meet under the mattress, will ensure that baby cannot become uncovered. A light woollen shawl is all that is now needed for baby on the coldest night. More bed clothing will only mean added weight and no extra warmth. Baby's cot

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must be warmed with a rubber bottle for at least a quarter of an hour before baby is put to sleep at night. It may then be removed.

Position of the Cot

If baby will occupy a part of mother's bedroom, the cot must be placed in a corner that is near the window, yet free from draughts or cross-currents of air. More important still, it must be sheltered from the risk of an electric light's being suddenly switched on. Mother's bed should have a shaded lamp above the head, with a convenient switch so that she need not get out of bed to turn on the light if she wants to look at baby. Do not have the cot too near your bed: a supply of pure fresh air must be available; and, if the cot is in the breathing zone of two grown-up people, obviously the air that the baby breathes is not likely to be good for a young infant.

Baby's Bath

Baby should always have his bath before a meal, and at the same hour every day. The most suitable time for the morning bath is from 9 a.m. to 9.30 a.m., so that it is completed in good time for the 10 a.m. feed. In hot weather a bath before the 6 p.m. feed is often given, but for the greater part of the year a morning bath and a sponge in the evening are enough.

Choose a corner away from window and door, so that there are no draughts, and let the washing process be carried out quickly but not hurriedly. The new mother is apt to find the bath a worry to begin with, and she will approach the task more confidently by using a table. This provides a firmer foundation and leaves both hands free.

First of all collect everything that will be needed. Soft towels, Allenburys Baby Soap, Powder, and Cream, bath thermometer, sponge, etc., and the bath containing cold water. Baby's clean clothes should be airing in readiness also.

Add hot water to the bath until the temperature is about 100° F. (or test it with your elbow). Proceed then to undress baby, taking the garments over the feet instead of over the

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head. When he is undressed, wrap him in a dry, soft towel, and then wash his face without soap, drying it gently with patting movements.

Soap your hand now, and rub it well over his head. Hold baby over the bath, under your left arm, with the back of his head supported by your left palm, and with his face upward, and rinse his head free from soap. In this way the soapy water does not enter his eyes.

Dry baby's head briskly with a soft towel and then unwrap him and wash his body with soap and water, going well into the crevices and folds of the skin. This may be done while baby is lying on the table (which should be covered with a warm blanket and a soft towel), or on your lap.

Now lift baby into the bath with your left hand under the back of his neck. Continue to support with your left hand while with the right you rinse off the soap. Lift him on to a dry towel and dry him thoroughly by dabbing rather than rubbing.

Exercise Before he is dressed, and provided the room is warm and free from draughts, baby may be allowed to take a little exercise. His limbs may be gently rubbed, to encourage him to kick. The exposure of the whole body to the warm air is good for baby, and he enjoys the complete freedom of movement which his nakedness allows.

Sleep A new-born babe should sleep for about twenty-two hours out of every twenty-four, and even at four months old, as the table overleaf shows, baby should still be asleep for the greater part of the day and night.

As in all other aspects of baby's life and welfare, regularity is of the greatest importance. If he is bathed, fed, and put to bed, at the same hours each day sleep should be prolonged and undisturbed. The bedroom should be well ventilated, but baby must be protected from draughts, and the cot must be removed as far as possible from mother's bed.

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Don't allow anyone to play with baby before he is being put down to sleep, for the excitement will keep him awake. Put him down in a dark room, make sure that he is comfortable and secure, and sleep will come naturally. Singing and rocking should be unnecessary; and, once begun, this practice usually must be continued, so don't begin it. Nor is it wise to cause a solemn hush till baby sleeps and even while he sleeps.

A new-born infant will sleep through the ordinary domestic noises and even when he becomes a toddler he will continue to go to sleep without the profound quiet which many babies find necessary. The mistake is to begin with the hush which must be continued to the great inconvenience of the entire household. On the other hand, asleep or awake, baby must be protected from violent noise, particularly the sudden outbursts of sound which are so disturbing to his nervous system.

Age Period		Number of Hours	
Birth	to 4 months	At least 20 hours	
4 months	„ 7 „	„	18 „
7 „	„ 1 year	„	17 „
1 year	„ 3 years	„	16 „
3 years	„ 5 „	„	14 „
5 „	„ 8 „	„	13 „
8 „	„ 10 „	„	12 „
10 „	„ 12 „	„	11 „
12 „	„ 15 „	„	10 „
15 „	„ 18 „	„	9 „
	Above 18 „	„	8 „

Night Crying If a baby awakes during the night—and many infants are nocturnal in their habits in the early weeks—don't switch on lights and don't make a fuss. Unless he is crying, adjust his pillows, turn him on the other side, and tuck him in, and he will promptly go off to sleep again.

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If crying persists, see that he is comfortable. He may be wet and require changing. Do it quietly and don't talk to him.

There may be a pin or some hard fold in his garments or bedclothes.

The ventilation of the room may be unsatisfactory. He may have too many coverings or too few. His feet may be cold.

Eliminate all these possibilities before deciding that he is in pain. If his feeding is satisfactory in quantity and quality, indigestion and wind are unlikely. The cry of a baby with wind is characteristic and must not be mistaken for hunger. *In any case he must have no feed during the night.*

“Tummy” Pains If wind is the cause of the trouble the tummy is hard and he screams, pulling up his legs and clenching his fists. The fact that he accepts a feed does not mean that he is hungry. The hunger cry is more subdued and less piercing, and baby will shove his hand into his mouth and suck vigorously until he discovers there is no result, when he promptly resumes his wailing. Pick him up and lay him gently over the shoulder, stroking his back gently to help expulsion of the wind. Give a little Allenburys Carminative in warm, boiled water, without sugar. This will hasten the expulsion of wind, and baby may then be put down to sleep again.

It must not be forgotten that infants often cry for no reason whatever, and to pick a baby up and nurse it, or to have it in bed beside mother, is most unwise.

When every step has been taken to make sure that there is no pain and no discomfort, let the crying continue. It will stop very soon, and on future nights baby will not cry to be picked up and petted or taken into mother's bed.

Regular Habits At a very early stage infants may be trained to respond to the calls of nature. The bowels in a healthy child will move with clock-work regularity. A small vessel, specially designed to conform to baby's anatomy and with a heavy base, may now be

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purchased, and the little one may be comfortably seated upon this immediately after each feed. Soft grunting noises soon convey to the little mind what is required and the response will often be magical. Healthy infants may have a motion after every feed, or at least three in the day. The best way to ensure regular bowel movement is to give plenty of plain water between feeds. If a mild laxative is needed, Allenburys Carminative is satisfactory. It is made from the most simple ingredients and may be given with perfect confidence to very tiny babies at birth.

BABY'S WEIGHT

Normal babies are expected to double at six months and treble at one year the birth weight. In assessing this it should be remembered that at a fortnight baby may weigh only the same as or even less than at birth.

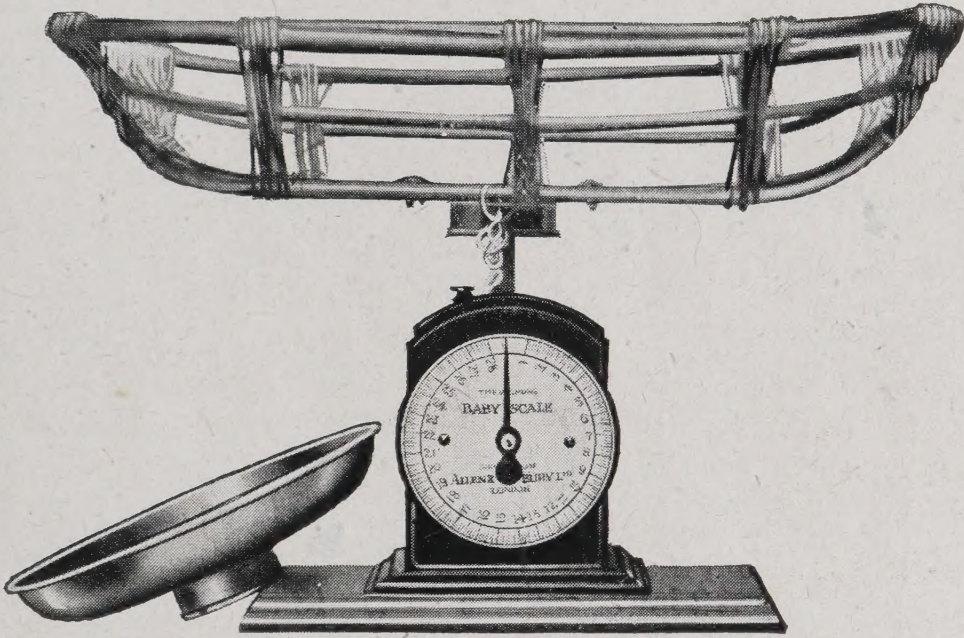
Average Weights (Nude) and Heights of Infants

Age				Approximate Weight	Height
At birth	..	..	..	7 lb.	19 inches
At end of	1 month	..	..	8 "	20 "
"	"	2 months	..	9 "	"
"	"	3 "	..	10 $\frac{1}{2}$ "	23 "
"	"	4 "	..	12 "	"
"	"	5 "	..	13 "	"
"	"	6 "	..	14 "	26 "
"	"	7 "	..	15 $\frac{1}{2}$ "	"
"	"	8 "	..	16 $\frac{1}{2}$ "	28 "
"	"	9 "	..	18 "	"
"	"	10 "	..	19 "	30 "
"	"	11 "	..	20 "	"
"	"	12 "	..	21 "	31 "

The above weights are given on the assumption that the child weighs 7 lb. at birth, and show about the normal increase that may be expected in a healthy child.

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The Wigmore Baby Scale



The Wigmore Baby Scale (Regd. No. 543,427), is designed to register weights up to 28 lb. by gradations of 2 oz. It has a wicker basket, 23 in. by 12½ in., and a metal scale-pan.

The wicker cradle, securely fixed by a locking pin, is deep enough to hold an infant safely and comfortably. To ensure accuracy the infant should be placed in the centre of the basket. The broad base makes it impossible for the scale to be upset when in use.

If the room is warm it is best to weigh the infant without clothes, but by means of the adjusting screw the weight of any covering used may be allowed for. Always weigh at the same time every week and just before feeding.

The metal scale-pan can at any time be substituted for the cradle, and the balance used for ordinary household purposes. If desired, particulars of a more elaborate and expensive type of scales may be had on application.

TEETHING TIME

Growth of the Teeth

There are 20 milk teeth in the complete set of baby's first teeth.

An average baby has	6 teeth when	1 year old
	12 „ „	1½ years old
	16 „ „	2 „ „
	20 „ „	2½ „ „

These milk teeth appear generally in the following order:—

2 lower central incisors (front)	about 6 to 9 months
4 upper incisors	„ 8 to 12 „
2 lower lateral incisors	} „ 12 to 15 „
2 upper front molars	
2 lower front molars	
2 upper and 2 lower canines	„ 18 to 20 „
2 upper back molars	} „ 24 to 30 „
2 lower back molars	

No two babies are alike in their teething experience. Some begin very early and others very late; some are not upset in the slightest degree, while others have quite severe illnesses as each tooth is cut. Much can be done to guide baby safely and pleasantly through the teething phase. It is now known that a baby who is properly fed, whose digestion is working efficiently, and whose diet contains plenty of the minerals, calcium and phosphorus, and abundant vitamin D, tends to have no difficulty at all in cutting teeth. On the other hand, errors of feeding and hygiene are apt to cause trouble during teething, the infant being more prone to catch colds and other infections.

Allenburys Foods provide baby with plenty of calcium (lime), phosphorus, and vitamin D; and, since the foods are very easily digested, teething trouble is uncommon in Allenburys babies.

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Teething powders should not be given unless ordered by a doctor. The bowels should be kept open by means of Allenburys Magnesia, Allenburys Magnesia Paraffin, or Chrismol Liquid Paraffin; and, if there is any digestive upset with sickness, a little Allenburys Carminative (page 44) may be given. If baby seems to be a little off-colour, a wise and safe measure is to reduce the amount of the feed and to increase the quantity of cool boiled water given between feeds.

When there are signs that teething has begun, it is unwise to neglect illness in the belief that it is "just teething trouble." If baby's symptoms persist after these precautionary measures have been taken a doctor should be consulted.

Allenburys Malted Rusks may be cautiously introduced. They are crisp and crunchy and provide valuable exercise for the gums (see also page 17).

Water The three great health protectors, water, fresh air, and sunshine, are as important to baby's welfare as good food. It may be possible to give too much water, too much sunshine, or too much fresh air, but there can be no doubt that the error is most often in the other direction, for few babies get as much of these important factors as they need.

Water previously boiled and cooled may be given between meals and, if necessary, during the night. It will not interfere with the appetite unless it is given within an hour of a feed. It is specially important if baby is feverish or sick or suffering from diarrhoea, and it should be given more freely during the summer months. Quite often constipation is due to deficiency of water. When baby refuses a feed, give cool, boiled water instead. Sugar need not be added, but a little fruit juice is useful.

Sunshine and Fresh Air From his earliest days baby should be kept out of doors as much as possible. Fog alone justifies keeping him indoors. He must, of course, be sheltered from rain and snow and protected

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from draughts and strong winds, and during the summer it is necessary to provide shade from the direct rays of the sun. The hood of the pram is useful in winter. It should be fully extended only when there is rain. Half extension is usually enough to provide shelter from the wind, and even this may not be necessary if the pram is carefully placed.

The hood should not be used as a sunshade, for it shuts out the light too completely and makes the pram hot and stuffy, so that baby is actually worse off than he would be indoors. A canopy or a properly arranged awning is suitable. If insects are troublesome a mosquito net of some kind is extremely useful.

In warm weather, baby's little body should be gradually uncovered and exposed to air and sunshine. No change in baby's routine or habits should ever be made suddenly. It would, for example, be courting trouble to unpeel a baby suddenly and completely and expose him to the sun for a long period. There must be a gradual process of acclimatization. It should be borne in mind too that direct sunshine is not necessary. The strong diffuse light from white clouds is just as beneficial as, and much less exhausting than, sunshine. The head and the spine should always be protected from direct rays of the sun.

